



## 2024 U.S. Paralympics Cycling Resident Program

U.S. Paralympics Cycling implements a Resident Program at the Colorado Springs Olympic and Paralympic Training Center (CSOPTC).

### Eligibility:

- Be at least 17 years of age.
- Be a current US Citizen eligible to represent the USA in the Paralympic Games.
- Applicants who take college courses must maintain a 3.0 GPA.
- Be willing to submit to a complete health profile coordinated by USOPC Sports Medicine including thorough medical history and comprehensive physical examination.

Accepted athletes (see application & acceptance for further details) who desire to enter the program must commit to the full resident program period of twelve months with a review every six months. Natural break periods for visits to family/friends will be built into training cycles, but athletes should be prepared to live and train at the CSOPTC up through the 2024 Paris Paralympic Games. All residents will be required to undergo performance reviews and must re-apply every twelve months.

### APPLICATION & ACCEPTANCE

Acceptance to the resident program will be at the sole discretion of U.S. Paralympics Cycling staff and all positions in the program will not necessarily be filled.

The 2024 application can be found at the following link:

[https://usoc.az1.qualtrics.com/jfe/form/SV\\_d1fSTYVxJbgSAgS](https://usoc.az1.qualtrics.com/jfe/form/SV_d1fSTYVxJbgSAgS)

**Applications for the 2024 program are due Monday, December 4, 2023 at 5:00 pm, mountain time.**

### For consideration applicants must:

- Be at least 17 years of age.
- Be a current U.S. Citizen eligible to represent the U.S. at UCI International events and at the Paralympic Games.
- Have completed High School or earned an equivalent degree.
- Demonstrate an appropriate time commitment to full-time training for cycling, balanced with work and/or school responsibilities.
- Be willing to submit to a complete health profile coordinated by USOPC Sports Medicine including thorough medical history and comprehensive physical examination.

- Be able to live independently and take care of all personal needs which shall include, but are not limited to:
  - attending scheduled training on time
  - cleaning up after themselves
  - respecting Team and USOPC property

Evaluation of athletes for acceptance to the resident program will consider a wide range of factors including:

- Space availability
- Relevant performance data from current quadrennium
- Athlete’s current “home” training environment
- Potential for the athlete to medal at future Paralympic Games, UCI Para-cycling World Championships, World Cups, or other major international competitions
- Impact of the Cycling resident program on the athlete’s medal potential
- Athlete’s desire and willingness to commit fully to training in the resident program

U.S. Paralympics Cycling may add additional athletes after the application deadline(s) and start date(s) until maximum program slots are filled as approved by the Director, Paralympic Cycling and/or Chief of Paralympics.

#### **CSOPTC WAIVER AND PARTICIPATION FORMS**

Upon acceptance into the resident program, all participants are required to sign the following CSOPTC forms:

- USOPC Waiver and Release of Liability
- Participation Consent
- Participant Conduct
- Resident Athlete Application
- United States Olympic and Paralympic Training Center Participant Biography
- Olympic and Paralympic Training Center Participant Medical History Questionnaire
- HIPAA Form

#### **EXPECTATIONS OF PARTICIPANTS**

All participants in the resident program are responsible for fulfilling program commitments as detailed in the U.S. Paralympics Cycling Resident Program Rules & Responsibilities. Failure to meet resident program requirements will result in removal from the resident program. This is a 12-month program. Residents are expected to live and train in Colorado Springs for most of the year. After accepted into the program all travel outside of racing, will need to be approved by U.S. Para Cycling High Performance staff. We understand the need to have time off from training, but it will need to be in line with performance.

#### **COACHING STAFF**

The U.S. Paralympics Cycling Resident Program will be directed by the U.S. Paralympics Cycling high performance staff. Internal and external staff will assist with monthly coaching programs, track training workouts, sport science and weight room conditioning.